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*Herbalist's
Beauty Guide
for 2022*



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START WITH:

A Calming Tea and Mist



Preparing a cup of calming chamomile tea and allowing the mind to settle sets the tone for a truly relaxing ritual. This can also include a short session of deep breathing to unite body and mind before jumping in.



Once my mind has settled and I feel grounded, I like to start with several mists of Maker + Merchant Damascan Rose Water on clean skin.



FOLLOW BY:

Oiling

While skin is damp, apply a generous dose of your oil of choice- I'm talking about a 1/2 a dropper full or so. I typically use Maker + Merchant's organic Apricot Kernel oil for major moisture, especially in the wintertime.



Warm the oil of your choice in your palms and gently press it into the skin. The combination of Rose hydrosol and Apricot oil restores the skin's lipid barrier while also creating a sufficient glide for your facial massage.



CONCLUDE WITH:

Massaging



Now that your skin is prepped, you can begin!



I typically find stress resides in my jaw in the form of tension and soreness so I make sure to spend ample time working out any areas that need extra TLC. You may notice that tension resides in other areas like the temples or around the eyebrows.





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The background image is a dark, moody photograph. In the foreground, a lit candle with a bright flame sits on the right. To its left is a reed diffuser with several thin sticks in a dark wooden base. In front of the diffuser is a small, clear glass bottle, likely containing essential oil. The background is dark with some blurred shapes, possibly more candles or containers.